



# The Healthy Heart Miracle

## DASH PLUS FITNESS LOG

### Instructions

Use your Fitness Log to note each day's activities as you build your exercise program: what you did, length of time, distance, level of effort, how you felt, and any other helpful information.

*You can use copies of this page or use any datebook or notebook. (See below)*

If you are starting a new exercise program

- Get doctor's permission
- Complete Self-Assessment (page 15)
- Record physical activity every day
- Check local gyms, classes, etc.
- Complete exercise selection checklist (page 251)

Week \_\_\_\_\_

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

To download this form, go to [www.healthyheartmiracle.com](http://www.healthyheartmiracle.com)

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For more information refer to *The Healthy Heart Miracle* by Dr. Gabe Mrikin. Available at bookstores everywhere and at Amazon.com. ISBN 0-06-019680-7